

Chia Seeds

Certification

Kosher

Microbiological

Aerobic Plate Count	< 100,000 cfu/g
Aflatoxin	< 20 ppb
Coliforms	< 5,000 cfu/g
E-Coli	< 10 cfu/g
Mold/ Yeast	< 10,000 cfu/g
Salmonella	Negative

Physical

Appearance	Dark Purple to Black in Color
COOL	Chia: Product of Paraguay, Bolivia
Flavor	Typical of Chia Seeds
Foreign Materials	< 0.3%
Gluten	Gluten Free
GMO	Non GMO
Moisture	< 10%
Smell	No Off Odors

Kosher : Kosher Parve

Ingredients / Allergen

INGREDIENTS: CHIA SEEDS

Nutrition Facts			
Serving Size 1 ounce			
Amount Per Serving			
Calories	140	Cal. From Fat	70 %Daily Value *
Total Fat	9g		13%
Saturated Fat	1g		4%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	5mg		0%
Potassium	141mg		3%
Total Carbohydrate	12g		4%
Dietary Fiber	11g		42%
Total Sugars	0g		
Includes	0g	Added Sugars	0%
Protein	4g		
Vitamin A			0%
Vitamin C			0%
Vitamin D	0mcg		0%
Calcium:			18%
Iron			0%